



2010 Renton Youth Track & Field Team Parent Letter

Dear Track and Field Team Families:

Thank you for registering your child in the City of Renton Recreation Division's Track and Field Team. We are excited for the opportunity to share the benefits of recreation with your child! We would like to take a moment to give you a brief overview of the program.

Goals

The Track and Field Team is a recreation program designed for all skill levels. The goal of the Renton Recreation Division Track and Field Team is to improve skills, have each athlete feel better about themselves, look forward to future sports participation, and enjoy the relationships established with their coaches and teammates. Communicating our goal to each athlete is far more important than winning or losing. We will strive to teach each athlete that success is related to effort. Athletes have complete control over the amount of effort they put forth, but they have only limited control of the outcome of a contest. All athletes are winners when they give maximum effort.

Equipment

Each athlete will receive a team t-shirt that they can keep. Always dress for the weather. **For the safety of your child, we encourage each athlete to wear tennis shoes with laces to run in.** Please do not send your child to practice in slip on shoes. Spiked running shoes will not be allowed at any of the track meets. If you are looking for recommendations on what to wear, please feel free to ask one of the coaches. All other equipment will be provided.

Picture Day- Tuesday, June 8th at Renton Memorial Stadium

Parents, please accompany your child to picture day to make sure that they get to the photographers at the designated times. Coaches will be running practice during this time, so it is up to you to get your child to and from the designated area at the stadium.

Sportraits has come up with a new technology to eliminate the hassles of large group pictures, so no more waiting around until the end for the team photo!

Picture Schedule Times:

5 Year Olds	6:00pm	9 Year Olds	7:10pm
6 Year Olds	6:15pm	10 Year Olds	7:25pm
7 Year Olds	6:35pm	11 Year Olds	7:45pm
8 Year Olds	6:50pm	12 & up	7:55pm

Practice Information-see practice schedule online at rentonwa.gov

- Track teams will be divided by age groups.
 - Ages 5 to 8 will practice 6:00pm to 7:00pm @ Renton Memorial Stadium(except where noted)
 - Ages 9 to 15 will practice 7:00pm to 8:00pm @ Renton Memorial Stadium
- Developing good fundamentals/habits will be the goal of each practice.
- No practices will be held on days that track meets are scheduled.
- Parents are not required to stay at practice, but for the safety of the athletes, they are not to be dropped off. **Please walk your child into the stadium to and from practices.**
- Please drive slowly in the parking lot and be very attentive particularly during the transitional time for practices.
- Parents are to pick-up athletes promptly at the end of each practice. Participants are not allowed to be unsupervised at the stadium, regardless of their age, so please be respectful of the staff and drop your child off and pick them up on time.
- Practices and meets are **NOT** mandatory, but will be held regardless of most weather situations. In situations when weather may be a factor, we suggest staying at the facility during the practice/meet in case of a cancellation.

Track Meet Information

WE NEED YOUR HELP! Several parent volunteers are needed for each home meet. It takes 20-25 parent volunteers to run an efficient track meet and your participation is necessary during the season! Sign-up sheets will be available at the Tuesday practice before each home meet. Lack of volunteer support will result in the cancellation of some events.

- Parents are responsible for the athletes before, during, and after each track meet (transportation is not provided).
- We will have a Practice Meet at Renton Memorial Stadium on June 3rd at 6:00pm. The main goal of the practice meet is to help each athlete feel confident on what to do at an official track meet.
- Your child must wear their team shirt to participate in each track meet
- Athletes can compete in any three (3) events of their choice at the track meets. Each child will be given three stickers to place on their shirts during the meet. At each event they participate in, the child will give the sticker to the Volunteer running that event. Once the stickers are gone, they have competed in their three events.
- ***We encourage all parents of children 7 and under to help their children to each event.*** Track meets can be a little confusing so feel free to assist your child during the meets.
- We will hand out an informative flyer for each track meet at the practice before the next scheduled meet. In addition, the schedule will be available at each meet.
- Each event will place 1st through 8th, with participation ribbons for remaining places. Field event awards can be picked up 15 minutes after the age group has completed. It is not necessary to wait around for field event ribbons as they can be picked up at the next scheduled practice.
- The **Hershey District Track Meet** is a bonus meet and has special rules. This meet will be for boys & girls ages 9-14 only. We will hand out more detailed information about the Hershey Meet prior to the event.
- Try to get to the track meets 20 minutes before they start
- The coaching staff's track meet responsibilities include:
 1. Encouraging and cheering each athlete to do their best
 2. Offering help to each athlete where needed
 3. Answering athletes and parents questions
 4. Directing athletes to their events
 5. Giving helpful tips
 6. Helping each athlete feel comfortable when competing
- The coaches will have designated areas/events at the meets and will wear their staff apparel for easy identification. Please feel free to discuss any questions or concerns with them.
- Athletes and parents are expected to model good sportsmanship to the officials, coaches, track participants and other parents.
- If a parent or athlete has a disagreement with a ruling bring it to the coach's attention, (do not approach an official/volunteer). It is the coach's job to voice your concerns.

If you have any questions, please don't hesitate to call me at 425-430-6700.

Donna Eken, Recreation Coordinator

Email: deken@rentonwa.gov

www.rentonwa.gov



Great Tasting Lunchmeat

